

Milk Substitutions & Creditable Milks In the Florida Child Care Food Program

For children ages 1 and older, CCFP regulations require that each child's breakfast, lunch, and supper must include fluid milk to be eligible for reimbursement. Fluid milk may also be served as one of the two components of a snack.

Creditable fluid milks include breastmilk, as well as pasteurized fluid types of unflavored or flavored cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.

The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 allows the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk for those children with special dietary conditions, other than a disability, who cannot drink any of the creditable milks above. Non-dairy milk substitutes must meet specific nutritional standards as noted on page 2.

In addition, the HHFKA allows *parents or guardians to request in writing non-dairy milk substitutions without providing a medical statement*. The written request must identify the medical or special dietary condition that restricts the diet of the child, such as milk allergy or vegan diet.

Child care providers or parents may provide the non-dairy beverage. However, in order for the meal to be reimbursable, the non-dairy beverage must be nutritionally equivalent to fluid milk.

The following non-dairy (soy-based) beverages meet required nutritional standards for approved milk substitutions:

- 8th Continent Soymilk Original
- 8th Continent Soymilk Vanilla
- Great Value Soymilk Ultra-Pasteurized
- Kirkland Organic Soymilk Plain
- Pacific Ultra Soy Plain
- Pacific Ultra Soy Vanilla
- Silk Original Soymilk
- Sunrich Naturals Soymilk Original
- Sunrich Naturals Soymilk Vanilla
- Westsoy Organic Plus Plain Soymilk
- Westsoy Organic Plus Vanilla Soymilk

Each of the companies listed has information regarding product availability on their websites:

www.8thcontinent.com/product-finder/
www.walmart.com/
www.costco.com
www.pacificfoods.com/retail-stores/
www.silk.com/where-to-buy
www.sunrich.com/where-to-buy.html
<http://www.westsoymilk.com/store-locator/>

If a child care provider has any question about these or other non-dairy beverages, please contact the State office at 850-245-4323 for assistance.

Non-dairy beverages must meet the following specific nutritional standards for the fortification of protein, calcium, vitamin A, vitamin D, magnesium, phosphorus, potassium, riboflavin, and vitamin B₁₂ to be considered nutritionally equivalent to milk.

| Nutrient | Requirement Per Cup | % of Reference Daily Intakes |
|-------------------------|----------------------------|-------------------------------------|
| Protein | 8 grams | |
| Calcium | 276 mg | About 28% 1000 mg x .28 = 280 mg |
| Vitamin A | 500 IU | 10% 5000 IU x .10 = 500 IU |
| Vitamin D | 100 IU | 25% 400 IU x .25 = 100 IU |
| Magnesium | 24 mg | 6% 400 mg x .06 = 24 mg |
| Phosphorus | 222 mg | About 22% 1000 mg x .22 = 220 mg |
| Potassium | 349 mg | |
| Riboflavin | .44 mg | About 26% 1.7 mg x .26 = .44 mg |
| Vitamin B ₁₂ | 1.1mcg | About 18% 6 mcg x .18 = 1.08 mcg |

If a child care provider has any question about these or other non-dairy beverages, please contact the State office at 850-243-4323 for assistance.

QUESTIONS AND ANSWERS

1. Is a child care provider required to provide a non-dairy milk substitute if it is not related to a medical disability?

No. It is at the child care provider's discretion to provide an approved non-dairy milk substitute if it is not related to a medical disability.

2. Will child care providers receive additional meal reimbursements if they provide a non-dairy milk substitution?

No. All non-dairy milk substitutions are at the expense of the child care provider and/or the child's parent or guardian.

3. If a parent provides a creditable non-dairy milk substitute, can the child care provider serve it and still receive reimbursement?

Yes. If a parent provides a non-dairy milk substitute that meets the nutritional standards as outlined in 7 CFR 210.10(m)(3) and that has been approved by the State agency, the child care provider may serve the non-dairy milk substitute and still claim reimbursement for the meal.